



National Nutrient Database for Standard Reference  
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Statistics Report 09126, Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water

Report Date: June 30, 2017 07:01 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	89.30	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	41	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	172	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Protein	g	0.55	3	0.030	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.13	3	0.013	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.28	3	0.036	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	9.73	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Sugars, total	g	9.63	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
<strong>Minerals</strong>													
Calcium, Ca	mg	8	3	0.625	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe	mg	0.14	3	0.059	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	11	3	0.391	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phosphorus, P	mg	14	3	0.044	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	136	3	2.357	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	1	3	0.159	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.05	3	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.033	3	0.007	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Manganese, Mn	mg	0.020	3	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Selenium, Se	µg	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	33.7	3	0.211	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Thiamin	mg	0.041	3	0.003	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.022	3	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.217	3	0.020	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.189	3	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.044	3	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folate, total	µg	4	3	1.022	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	4	3	1.022	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Folate, DFE	µg	4	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Choline, total	mg	7.7	--	--	--	--	--	--	--	--	Calculated or imputed	09116	12/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	0	3	0.050	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	4	--	--	--	--	--	--	--	--	Calculated or imputed	09116	01/2003
Carotene, alpha	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	09116	01/2003
Cryptoxanthin, beta	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	09116	01/2003
Vitamin A, IU	IU	9	3	1.005	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09116	01/2003
Lutein + zeaxanthin	µg	10	--	--	--	--	--	--	--	--	Calculated or imputed	09116	01/2003
Vitamin E (alpha-tocopherol)	mg	0.04	--	--	--	--	--	--	--	--	Calculated or imputed	09123	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	09123	01/2003
<b>Lipids</b>													
Fatty acids, total saturated	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

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6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
14:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:0	g	0.017	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total monounsaturated	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:1 undifferentiated	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:1 undifferentiated	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.032	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:2 undifferentiated	g	0.025	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:3 undifferentiated	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
<b>Flavonoids</b>													
Flavanones													
Naringenin <sup>1</sup>	mg	31.2	--	--	30.48	31.89	--	--	--	--	--	--	--

<sup>1</sup>Bronner, W. E., and Beecher, G. R. Extraction and measurement of prominent flavonoids in orange and grapefruit juice concentrates., 1995 J. Chromatogr. A 705 pp.247-256